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**FAMILY CLUB OF TILTTI – FIRST
SCANDINAVIAN PEER SUPPORT
GROUP FOR PROBLEM GAMBLERS
AND THEIR CLOSE ONES**

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TILTTI

Tiltti (eng Tilt);

Low threshold point for problem gamblers, close ones (family, friends etc.) and professionals.

Tiltti is part of Gambling Clinic and, also of Sininauhaliitto (The Finnish Blue Ribbon, NGO)

Tiltti has been operating since 2010.

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WE PROVIDE

Individual support

Treatment referrals

Peer support groups

Information about gambling problem

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OUR PRINCIPLES WHICH WE SHARE IN TILTTI`S FAMILYCLUB

Confidentiality

Anonymity

Tolerance

Feel free to ask

Pay regard to others

We don` t talk about money in numbers

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TILTTI`S FAMILYCLUB

A group for people who have gambling problem as well as close ones.

The purpose is to increase the understanding between the gambler and the close one.

The first club was founded in September 2017.

The second club was founded in January 2019.

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”IT IS BECAUSE WE ARE IN THE SAME GROUP PROBLEM GAMBLERS AND CLOSE ONES” EXPERIENCES AT TILTTI`S FAMILYCLUB

The purpose on this thesis was to find out about the experiences and effects on participants in Tiltti`s Familyclub and why they still want to participate in the club meetings.

The thesis of Bachelor`s Degree in Social Services was done in spring 2019.

The thesis was carried out as a qualitative study and the theme interview was used as a data collection method.

Five participants were interviewed.

EXPERIENCES AND EFFECTS

Increasing understanding of the perspective of the other party.

Reconstruction of lost confidence.

Shame reduction.

Improving self-esteem.

Talking about and expressing of feelings.

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TILTTI`S FAMILYCLUB ACTS AS A RECOVERY RESOURCE

The social context of meetings.

The development of interaction skills.

The club as a resource.

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WHY INTERVIEWEES STILL WANT TO PARTICIPATE IN THE CLUB MEETINGS

Tiltti's Familyclub is a safe place to talk.

Confident atmosphere.

The club meetings has become the only place to talk about gambling problem and it's consequences.

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UTILIZING THE RESULTS OF THE THESIS

Development of Tiltti's Familyclub model.

When describing the successful features of similar activities.

When measuring and verifying the effects of different groups.

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THANK YOU



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